

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

The hemp eaten especially in the am. seemed to prolong hunger into the rest of the day. I replaced nutrition valueless foods for a few tablespoons of hemp protein with my yogurt. I soon realized it was a convenient addition of protein to start my day. I was loosing weight.

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

I only use 2T every morning & find I'm not hungry until late afternoon. My weight is stable & I don't want to lose any.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I only take 2 Tablespoons of hemp hearts every morning & I am not hungry until late afternoon.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I take Hemp Hearts every morning. I do not feel hungry at lunch.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I typically consume 2 heaping TBSP on cereal or yogurt each morning & eat a light lunch of soup or cooked veg's + rice. I don't experience any hunger during the morning. If I experience mid-aft. hunger I will eat another 1-2 TBSP Hemp Hearts + this will carry me until dinner.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

My breakfast as described above uses (14) heaping tablespoons. I am rarely hungry at noon unless I have exercised heavily. Hemp Hearts definitely supplies the energy needed for the day.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I last fell into the afternoon after my 5 T of hemp hearts at 6:00 am

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I have found hemp hearts keep my hunger away for a long time. I also use it in baking muffins & in homemade granola... it is an excellent product.